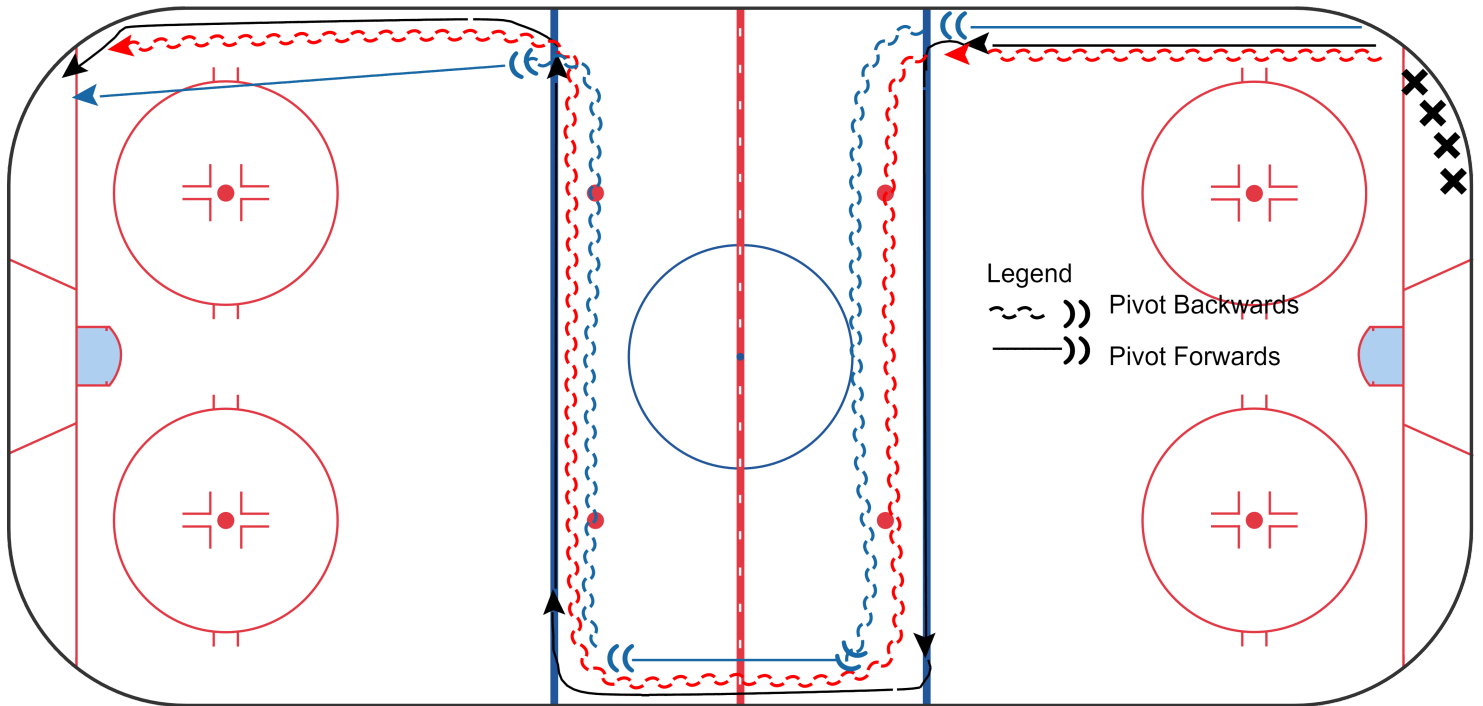




Skating-Gaining speed



Description

- Players start this drill by skating forwards, then progress to backwards, and finally transition.
 - Depending on the skill of the kids, pucks can be used. U13 and up, they should be doing this drill with pucks. Coaches to use their discretion
- Players skate to the blueline (Forwards) and cross over to gain speed along the bluelines.
- Players then do it backwards
- Players then transition at blue lines

Key Points

Work on Transitioning and gaining speed with/without puck
Drill needs to happen at full speed.